

# AQUATICS WINTER '19



eliminating racism  
empowering women



ywca



**ywca greater newburyport**  
13 Market Street, Newburyport, MA 01950  
[www.ywcanewburyport.org](http://www.ywcanewburyport.org)

## aquatic refunds & transfers

Prior to the first week of classes, refunds will be given minus a \$20 administrative fee. After the first week of classes, pro-rated refunds will be given only with a medical note. Class transfers made by parents will be charged a \$20 processing fee. Membership and joiner fees are non-refundable.

## cancellations

If minimum enrollment is not met, the YWCA has the right to cancel classes prior to the start of the session. Parents will be given the opportunity to transfer their child to another class, or can opt for a YWCA credit or refund.

If the YWCA cancels a class for any reason once the session has begun, every effort will be made to hold a make up class. If for some reason we are not able to do so, a YWCA credit will be given. The YWCA does not allow make-ups for missed classes, unless a medical note is provided.

## for parents

Parents are kindly asked to view swim lessons from our lobby. Instructors will alert parents in the event that they are needed on the pool deck. Parents are welcome to **view from the deck** during the **last class** for the **final 10 minutes**.

Children are allowed **access to the opposite sex** locker room when they are **five years old and under**. Children in the school aged swim classes are kindly asked to use the locker room corresponding to their gender or the whole family can use the family locker room.

Payment is due in full at the time of registration. Both members and non-members can register for session- based classes. Members receive a discount on the cost of lessons only if their membership is valid at time of registration. Where applicable, children must be the specified age at the start of the program in order to register.

# YWCA IS ON A MISSION

**questions about the program?**

**Diane Sagaser | Aquatics Director**  
**[dsagaser@ywcanewburyport.org](mailto:dsagaser@ywcanewburyport.org)**

# ywca swim lessons

## winter session 2019

January 2<sup>nd</sup> - February 16<sup>th</sup>

priority registration | November, 12 2018 9:00 am  
general registration | December, 3 2018 at 9:00 am

Class registrations can be made in person at the YWCA membership desk on a first come, first served basis.

We are proud to offer an online registration option with our new system, Community Pass. Go to [ywcanewburyport.org](http://ywcanewburyport.org) and click '*Online Registration*' and follow the prompts.

If you have participated in one of our programs before, you may already have an account. To check, please click '*Forgot username or password*' and then '*Forgot your username?*' and supply the email attached to your potential YWCA account. This will send an email to the address that we have on file, allowing you to login for the first time and set up a username and password. If you are new to our program or if you cannot find your account, you can create an account by simply clicking on "*Create an Account*". You may also call the front desk and ask us to look up your account or re-set your password.

If you currently have an Annual Contract YWCA Wellness Plan or if your child is enrolled in either YWCA Children's Center or YWCA School's Out, you will receive a member discount at the end of the registration process. Legacy annual memberships are only honored at the front desk and will not be honored online.



# swimming lessons

swim lessons: ages 6 months +

**7 weeks** - non-member rate \$105 | member rate \$91

**6 weeks** - non-member rate \$90 | member rate \$78

the following are offered one day a week for 7 weeks\*

\*no lessons on Mon, Dec 31st and Tues, Jan 1st

classes are half an hour long

## infant with parent

In this class, infants begin to be comfortable in the water by playing water games, singing songs, and repeating skills.

**ages: 6 - 18 months**

Mon	9:35 am	-
Wed	9:35 am	-
Fri	9:35 am	-
Sat	8:25 am	9:35 am

## toddler with parent

Now that we are toddlers, we're ready to swim! We play, sing, and learn kicking, reach and pull, jumping in, and blowing bubbles

**ages: 18 - 36 months**

Mon	9:00 am	10:10 am	-
Wed	9:00 am	10:10 am	-
Fri	9:00 am	10:10 am	-
Sat	9:00 am	10:10 am	10:45 am

Caregiver must accompany child in the water

Swim diapers and rubber pants are required under bathing suit

Class is held in the warm water pool

## semi/private swim lessons



**Private Swim - Non-Member Rate: \$45 | Member Rate: \$35**

**Semi Private Swim - Non-Member Rate: \$30 | Member Rate: \$25**

The YWCA Greater Newburyport is happy to offer the option of private swimming lessons for adults, children and/or athletes. Fill out a form at the front desk and we will get back to you within 24 hours to schedule your first lesson. Classes are 30 minutes.

## adult swim lessons

**Member Rate: \$105 | Non-Member Rate: \$140**

Whether you're a beginner or advanced swimmer looking to improve your technique, this class will be tailored to fit the experience and level of each participant, ranging from water safety and introduction to swim techniques to advanced concepts aimed at improving stroke technique.

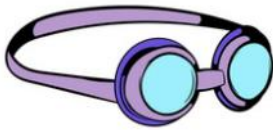
**Wednesday: 10:10 am** — classes are 45 minutes

## preschool

Pre-school swim lessons are designed to meet the unique needs of young children as they develop and strengthen swimming skills. Children are grouped by ability. Caregivers must remain in the YWCA building the entire class time. Goggles are strongly recommended.

**ages: 3 - 5 years (not yet in Kindergarten)**

Mon	9:00 am	9:35 am	10:10 am	3:20 pm	3:55 pm	4:30 pm
Tues	9:00 am	9:35 am	-	3:20 pm	3:55 pm	4:30 pm
Wed	9:00 am	9:35 am	1:00 pm	3:20 pm	3:55 pm	4:30 pm
Thurs	9:00 am	9:35 am	-	3:20 pm	3:55 pm	4:30 pm
Fri	9:00 am	9:35 am	10:10 am	3:20 pm	3:55 pm	4:30 pm
Sat	9:00 am	-	10:10 am	-	10:45 am	-



## school age

School age swim lessons are structured with the older child in mind. As bodies and minds mature, so does the ability to develop their swim skills. Youth are grouped by ability. Classes are held in the lap pool. Goggles are strongly recommended.

**ages: 5 years + (must be currently enrolled in Kindergarten+)**

Mon	3:20 pm	3:55 pm	-
Tues	3:20 pm	3:55 pm	-
Wed	3:20 pm	3:55 pm	-
Thurs	3:20 pm	3:55 pm	-
Fri	3:20 pm	3:55 pm	4:30 pm
Sat	9:35 am	10:45 am	-



## adaptive

This smaller class is designed for children with disabilities unable to participate in the regular school-aged class.

**Saturday: 11:30 am** — maximum 3 per class

# junior breakers



**Monday - Thursday: 4:30 - 5:30 pm**

Junior Breakers is a non-competitive developmental swim program designed for athletes who have completed swim lessons and are looking to continue to develop their skills at a higher level!

All swimmers should be able to swim 50 yards front crawl with rhythmic breathing and 50 yards back stroke. Swimmers should be comfortable diving. Contact Diane Sagaser to schedule a tryout.

One Day	Two Day	Three Day	Four Day
\$55/month	\$85/month	\$115/month	\$135/month



# coached masters program

**check GER schedule for scheduling**

Adults! Come train with Breakers Coach Ron Dienstmann in the YWCA's organized Coached Masters Swim Team!

Swimmers of all ability have an opportunity to benefit from Ron's 30-years of teaching and coaching experience.

You will receive individualized instruction that will improve your times and increase your enjoyment of this challenging, but incredibly rewarding sport.

**Annual Member Rate: \$30 per month**

**Non-Member Rate: \$50 per month**



## community CPR

**Member Rate: \$60 | Non-Member Rate: \$70**

The YWCA is offering an instructor-led weekend course where participants will learn how to respond and administer first aid in the event of breathing and cardiac emergencies. Successful students who graduate from the weekend courses will receive an American Red Cross certificate of Adult and Pediatric CPR/AED valid for two years. Each course is approximately 13 hours and takes place on the weekend.

**Saturday: 8:00 am - 4:00 pm and Sunday: 10:00 am - 3:00 pm**  
**January 19th & 20th | May 18th & 19th | August: 10th & 11th**

## lifeguarding course

**Member Rate: \$300 | Non-Member Rate: \$350**

The YWCA offers American Red Cross Lifeguarding Courses to prepare students to obtain future employment and lifelong leadership skills and lifesaving skills. Courses will be open to participants 15 years of age & up.

**Saturday: 9:00 am - 5:00 pm, Sunday: 10:00 am - 3:00 pm,**  
**Monday: 9:00 am - 5:00 pm, and Wednesday: 11:00 am - 4:00 pm**  
**Feb 18th - 21st | April 15th - 18th | June 17th - 20th | Aug 19th - 22nd**



## ywca encore

### Surviving & Thriving Through Cancer

YWCA ENCORE is a free 12-week program for those who have experienced cancer at any point in their lives. ENCORE integrates a dynamic approach to wellness by offering gentle and warm water pool therapeutic exercises, relaxation techniques, featured guest speakers, special events, ongoing peer/group support and fun.

### questions about the encore program?

**Ilene Grady | Health and Wellness Director**  
**[igrady@ywcaneburyport.org](mailto:igrady@ywcaneburyport.org)**



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Call  
(978) 225-6210  
to schedule a  
tour today!



## ywca children's center

Serving infants, toddlers, and preschoolers, the YWCA Children's Center is a community for children, families and educators to learn, grow and thrive together. The mission of the YWCA is threaded throughout all our work. And with a sliding fee scale and individualized curriculum, it is our vision that everyone who comes through our doors joins a community engaged in the joy and wonder of childhood.

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